

4 _____ by faith and not fear.

God didn't give us a spirit that makes us weak and fearful. He gave us a spirit that gives us power and love. It helps us control ourselves.

2 Timothy 1:7 (NIRV)

See Romans 5:1-10

5 _____ my perfectionism with God's peace.

I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world.

John 16:33 (TMSG)

You began your life in Christ by the Spirit. Now are you trying to make it complete by your own power? That is foolish.

Galatians 3:3 (NCV)



I. AM I A PERFECTIONIST?

Put check in the box if the statement describes you:

- I expect the best of myself at all times.
- I generally think I could have done it better.
- I get upset when things do go as planned.
- Other people don't understand my desire to do things right.
- I am often disappointed in the quality of other people's work.
- I feel my standards should be the highest possible.
- If anything I do is considered average, I'm unhappy.
- I think less of myself if I repeat a mistake*

[Human] perfection does not exist...to expect to possess it is the most dangerous kind of madness.

Alfred de Musset

There is only one ultimate cure for perfectionism: it is profound and yet as simple as the word *grace*. In the New Testament, this word has a special meaning: “freely given, undeserved, unmerited, unearnable, and unpayable favor”. It means that God’s loving acceptance of us has nothing to do with our worthiness, nothing to do with what we deserve.

David Seamands

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

Romans 8:1-2 (NLT)

II. WAYS GOD’S GRACE CAN FREE ME FROM PREFECTIONISM

1 _____ that **ONLY God is perfect and that humans are NOT.**

What a God he is! How perfect in every way! All his promises prove true. He is a shield for everyone who hides behind him.

Psalms 18:30 (TLB)

There is no one on earth who does what is right all the time and never makes a mistake.

Ecclesiastes 7:20 (TEV)

2 _____ that **God’s love is unconditional.**

The Father has loved us so much that we are called children of God. And we really are his children.

1 John 3:1 (NCV)

3 _____ **God control of the universe and my life.**

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Matthew 6:33 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Isaiah 26:3 (NLT)